

BRIDGES

MUSIC:

Sock artists share
their favourite
fireside songs **P. 4**

FOOD:

A campfire recipe
that is satisfying
and nutritious **P. 10**

WINE:

Keep an eye out
for wines from
Portugal **P. 19**

WEDNESDAY, JULY 8, 2015

A STARPHOENIX COMMUNITY NEWSPAPER

THERE'S NOTHING LIKE LAKE LIVING

CHRIS ARNSTEAD AND HER FAMILY'S
LOVE OF WASKESIU RUNS DEEP
P. 6

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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

DIANE SYTARCHUK-KENT

Din Din's Book combines art and poetry



Diane Sytarchuk-Kent

My name is Diane Sytarchuk-Kent. My book is named *Din Din's Book Of No Nonsense Poetry #1*. I have lived in this kitchen on my life and I love this province and our country Canada.

I don't say I myself am not a very good reader. Still, I have to create.

My book is a product of a love of poetry and a love of rhyme. It has about 500 physical pages.

Combine this with a love of art and a love of my youngest child — and you will have an illustrated book of poetry with built-in social stories.

The pictures in all the margins of every page of every poem are the hidden meanings to the words of every page of poetry.

I want to help autistic children and people understand concepts they may not otherwise be able to understand. I want to make more books in the future on the same genre.

I have my book at McElroy Johnson, Bookstore in the children's help section. Ms. Nelly's also have my three original music CDs. They are: 1. Welcome To My World (in 2004, 2. What A Gift (in 2005) and 3. I Dance By Myself (in

2005). I have created all the lyrics and music. Check them out. They are different. I also like to paint and have been known to paint up some of my guitars.

My book is available in hard cover, paperback and e-book, online — or almost any book ordering website.

This book will not only appeal to autistic people or those who are having difficulties — it will also appeal to the average reader.

If you like art, poetry or rhyme and are interested in a universal form of language — check it out. It could be the cure-all or baroque of our modern age.



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ON THE COVER P. 6



Waskesiu is the summer home for many Saskatoon's new families.
BRIDGES PHOTO BY LIAM RICHARDS

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BRIDGES PHOTO BY FREDERICK ROSEMAN

BRIDGES COVER PHOTO BY LIAM RICHARDS

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MUSIC

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SASKATCHEWAN MUSIC

Campfire tunes a time-honoured tradition

By Sean Tremblath

Sitting around the campfire is one of the most time-honoured parts of a weekend away from the city. Once the blaze is burning, an acoustic guitar is often not far behind.

We spoke to some Saskatchewan artists about what music they like — and hate — to play and hear while hanging by the fire.



Codie Prevost at a driving picn in Saskatchewan's country music scene. SUPPLIED PHOTO

Codie Prevost

Q: What is your favourite song to play or sing by the fire? Why?

A: My favourite song to perform around the campfires are any classic country songs by Johnny Cash. I grew up on the farm and playing these songs around a campfire makes me feel right at home.

Q: Do you consider music a key part of the camping experience?

A: Music is a huge part of camping. It brings out joy in people. It encourages singing, dancing and just being a good time.

Q: Are there any common campfire songs you cannot stand?

A: If I ever heard, 'Put Another Log On The Fire,' again it would not hurt my feelings lol!

Originally from Archeron, Prevost is a force in the Saskatchewan country music scene. He took home three trophies at the 2014 Saskatchewan Country Music Awards, adding to an already packed trophy case. His latest album, *All Kinds of Crazy*, came out last year.

Alex Shenton (Bastard Poetry)

Q: What is your favourite song to play or sing by the fire? Why?

A: It's a little bit ridiculous actually — the first song I ever wrote was by cowboy and is titled, 'Lonely Little Campfire.' It remains one of my favourite campfire tunes to this day simply because of the nostalgia of living out on the road and what it meant to me then.

Q: Do you consider music a key part of the camping experience?

A: I have always enjoyed music, singing whether playing it or just having it as backing track from the truck speakers. I associate camping with peace, fire, song and fun, with friends quite a bit in my memories. I also think the complete silence and tranquillity of nature is just as beautiful and is music in its own way when you are alone in the wilderness.

Q: Are there any common campfire songs you cannot stand?

A: As a touring musician and a writer of song you won't hear a lot of incredible and beautiful songs I have heard 'misrepresented' so many times. I would say 'Wagon Wheel' and 'Kerosene' or 'Bitters' don't fall into that category — both which I am guilty of singing around many a campfire.

All four members of Bastard Poetry have made four records — they hail from Powder Creek, Laramie, Illinois and Willow Beach. The group released their latest album, *Something That Melts It Beautiful to Live*, in May after a very successful Kickstarter campaign.



Alex Shenton of Bastard Poetry plays his track 'Lonely Little Campfire' Some. SUPPLIED PHOTO

MUSIC



As well as being a singer, Rebecca Lascue is an actress and playwright. (KAPLAN PHOTO)

Rebecca Lascue

Q: What is your favourite song to play or sing for the friends? Why?

A: My favourite cover song to play pretty much no matter what the situation is, *Alkaline by Leonard Cohen*. It's a type of song that suits any moment and always brings people together. Plus, when everyone sings the chorus it makes me ridiculously delighted.

Q: Do you consider music a key part of the camping experience?

A: I come from a musical family, and there are very few instances where we go anywhere without a guitar in hand. I think music has a way of bringing people together. Especially when you are lucky enough to have that one super-talented musician on hand who can play any song that is requested. I am definitely not talented enough to do that, but I sure wish I was!

Q: Are there any common campfire songs you cannot stand?

A: Haha, I think most of them are pretty funny. It was the dorky kid who got really homesick when I was young and therefore didn't really go to camp so I don't know all the classics. However, over the years my boyfriend (Michael), who spent most of his childhood summers at camp, has pulled out some pretty funny little tunes. Usually they're pretty cute, and the way people seem to light up at the memories that come up when they sing the tunes is pretty great.

After several years of performing, *Rebecca Lascue released her first EP - Love, Loss, Not Chance - in late last year. She has performed elsewhere too such as Ashley MacIsaac's Blue Spruce, Colleen Brown and Adam Norwood. When not singing, she works as an actress and playwright.*

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
I was wondering what flower is used to make Earl Grey tea?

Elizabeth

Hi Elizabeth,

A beautiful flower called wild bergamot is used to make that delicious tea! Also called *Monarda didyma*, the plant was named after the Spanish physician and botanist Nehru de Monarda. *Monarda* describes the petals that make up the hollow looking tubes called corollas, which give the bright, purple flower a fligged, pom-pom appearance. Bergamot is a part of the mint family which makes the leaves have a strong minty smell and taste making it perfect for tea and flavoring. Historically, the plant leaves were used to make an oil to soothe sore throats. However, dogs and rabbits tend to avoid bergamot, even if their breath smells, due to its strong flavor. Wild bergamot is important because it provides food for native insects like butterflies, moths, hummingbirds, bees, wasps, and flies. You can find wild bergamot in open woods, grassy fields, and roadsides, blooming from July to September. Help us conserve habitats for insects like bees and butterflies by not picking plants like wild bergamot and butterfly beans. Send your questions to me at the address below, then watch for letters for this answer.

Year old, Chip

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ON THE COVER

As a young parent this is where I wanted
my children to be in the summer.

—Chris Armstrong

SUMMER AT THE LAKE

When summer arrives, Waskesiu Lake beckons

By Sean Trembath

Chris Armstrong had already wanted Waskesiu Lake before she was even out of her mother's belly.

"The joke in my family is my mom had to leave the lake to go home and have me," she says.

Saskatchewan is known for fields of crops stretching as far as the eye can see. But for many the real scene is water, trees, fishing rods and camp fires. For Armstrong's family, like so many others in the province, summer means a little time

"Although we may not have much contact over the winter, this is where you can count on your family being in the summertime," says Armstrong whose roots here in an Alberta.

Lake life moves at a different pace. It's an escape from the city and its everyday stresses.

"People here such a connection to this place that once you're been here as a child you just keep coming back," she says.

The number of years a family has been coming out to the lake is a point of pride.

"If you meet anyone in Waskesiu, the first comment might be about the weather but after that it's almost always about how long they've been coming," she says.

As years pass, and multi-generational traditions are celebrated, lakeside life becomes communion with social ties and shared histories. At Waskesiu, many aspects of the local history have been preserved thanks to the efforts of a small, dedicated group of volunteers.

• • • • •

Here and Jane Langlois point out features of the shack built at the Waskesiu Heritage Museum as a summer house. Everything in the small space — a small fridge, a metal cupboard, some benches used for washing clothes, the old-fashioned way — was donated by people who actually used them in years past.



Chris Armstrong's family has been apart of Waskesiu for multiple generations. Waskesiu Photo by Laura Biss in 2014.

The park is really a treasure. It's really an important part of the province.
— Herve Langlois



Herve and Rose Langlois first came to Washoia in 1980. (Herve's photo by LISA KOSKINEN)

"We don't have anything in here that doesn't belong in 'Washoia,'" Rose says.

She knows the museum as well as anyone. She was part of the effort to establish it in 2005, and acted as its volunteer curator for its first nine years.

It started with a \$1,000 grant and a small lot of space to display old memorabilia.

"We outgrew it that summer. Then they let us expand outside that room, and then we outgrew that," Rose says.

Now in its 10th anniversary year, the museum features the shack tent, a portable cabin, a replica camp kitchen like those used in the early days, a real carport, a canoe and other outdoor attractions in addition to those housed in the main

inside exhibit area. They've had as many as 15,000 visitors in a single summer.

The shack tent, in particular, evokes memories for the Langlois as they spent many summers in one of their own. They first came to the lake in 1980, staying in a camper-trailer.

"One kids fell in love with Washoia," she says.

In 1985, they bought a shack tent

and squeezed their six-member family inside. Then, knowing their off-camp use of space — Herve and Rose slept on a 40-inch bed, their three daughters on a triple bunk bed and their son in a couch — it's hard to picture.

They had electricity but no running water. There were communal bathrooms, which Rose says helped foster the sense of community.

"One thing that was really bad (with running water) was you would have to walk up the street to the bathroom and you'd walk along the way and get the news of the day," she says.

There was a summer lane when bigger lots led to bigger cabins and the construction of public camp kitchen.

Continued on Page 8

Although we may not have much contact over the winter, this is where you can count on your family being in the summertime. — Arnstead



The shoreline at Whiskey Lake, which remains a beautiful place to spend time with family and friends. SHOOTING PHOTO BY LISA RICHARDS

"People used to gather together for our meals and play cards, in the camp kitchens," Jane says.

This is not to say the sense of community has disappeared. Groups you pass on the sidewalks or paths are likely to say hello. People greet each other by name and chat about the weather.

"It's a very safe, small, close-knit community. Children are allowed a lot more freedom," Arnstead says.

That freedom, and the wealth of outdoor activities, made Arnstead's decision to get a cabin for her family a no-brainer.

"It was kind of a no-brainer," she says. As a young parent this is

where he wanted his children to be in the summer.

Arnstead's maiden name is Doug Ford, putting her in a clan that has been at the lake for four generations. Her grandfather ran a boat ramping wharf along the lake and surrounding area, and her father later took the business over.

Arnstead became hooked on lake life, also says the air feels different. It smells like here.

It's very much an escape from the city and urban life. Up here the blue sky and water and gorgeous green of the trees, it's just so refreshing," she says.

Arnstead has taken over as owner

of the museum. She was also part of a recent community initiative to create a new playground. Starting in 2013, people fundraised for the equipment. The community got together and put it all together earlier this summer.

Staying next to the playground on a sunny Friday, Arnstead says she gets a lot of joy from seeing the lake's next young generation running around the circular playground, tag, sliding and jumping down slides.

"Kids have a longer tether here than they do in the city," she says.

It is not nearly as easy to establish a foothold in a place like Whiskey as it used to be. The price of a cabin has

skyrocketed.

"They've become unaffordable for the average family whereas when we started coming here it was on a permanent vacation," Arnstead says.

That hasn't completely prevented newcomers from showing up. It's still possible to enjoy the area, if only in temporary quarters.

"We tend to think of the owners of the cottages and cabins as the multi-steps, but there's other people who have businesses here, but have always considered campers," she says.

The lake remains a beautiful place to spend time with family and old friends.

"I think families are looking for a

slower vacation. Time is just spent with each other," Arnstead says.

Herve and Jane, who live in Sas Lakeview, spend the majority of their summer at Whiskey now that they are retired. With their kids having reached adulthood, the lake is a really made vacation point.

"They still come to this day. They come back as often as they can," Herve says.

The simple truth is they love the place. It shines through when they talk about its history, its community and the time they get to spend there.

"The park is really a treasure. It's really an important part of the province."



The breakwaters of Waskesiu Lake is a popular tourist attraction in the summer as waves pound the lake's shores.

Summertime events around the province

Looking for a good excuse to do some camping or spend some time at one of Saskatchewan's lakes? Here's a list of some of the major events coming up this summer.

WHAT: Ness Creek Music Festival

WHERE: July 16 to 19

WHY: Ness Creek — 20 kilometres east of Big Lake

WHY: This annual outdoor folk festival is a mainstay in Saskatchewan's cultural community. A weekend of music, camping, art, dance and general bonifolery. Whether you want to stay up all night dancing, learn new skills at

a workshop or bring your kids for a fun family weekend, Ness is the place for you.

WHAT: Brethband Lake Hoppered Park 50th Anniversary

WHERE: July 16 and 19

WHY: Brethband Lake Regional Park — about 250 kilometres north west of Saskatoon

WHY: Celebrate a half-century of this park with a weekend of events. There are children's activities all day, golf and sleepover tournaments, arts and crafts, a talent show, a beer garden and some late-night fireworks. The main event

will be to try for a long as an Elvis tribute band will provide live entertainment.

WHAT: Old Wives Lake Festival

WHERE: July 31 to Aug. 2

WHY: Old Wives Lake and Moosebank — about 30 kilometres southwest of Moose Jaw

WHY: A yearly tradition is made more special this year thanks to it coinciding with Manitoba's centennial celebration. Events include history exhibits, a parade, a picnic breakfast, horse-drawn wagon rides and live music. Will you be there, check out the Old Wives Lake Red Sanctuary originally

sanctified in 1925.

WHAT: Saskatchewan Premier's Wildlife Gap

WHERE: Aug. 6 to 8

WHY: Toba Lake (Huswag)

WHY: With more than 100,000 on the line, this is some serious fishing. An annual tradition since 1958, the event kicks off with a parade in Moosebank. Thursday followed by two days of over-release wildlife fishing on the best section of Toba Lake. Last year's top fisher took home \$40,250 more money as the potential is there for a very lucrative weekend on the water.

WHAT: Standing Buffalo First Nations Powwow

WHERE: Aug. 7 to 9

WHY: Standing Buffalo First Nations — Qu'Appelle valley, about 65 kilometres northeast of Regina

WHY: Lake events will find plenty to do on the beautiful Qu'Appelle Valley. Standing Buffalo, home of one of the province's special mammals, an eagle powwow, is nestled between Pasqua and Echo lakes, with nearby Mission and Katkwa offering even more opportunity for camping, beaches, hiking, golf and water sports.

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FOOD

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SASKATCHEWAN FOOD

Satisfying, nutritious and a taste of summer

By Renée Kahlman

I'm so very pleased to be writing for the Bridges team. When my editor suggested a recipe about camping food for this issue, I said yes! Absolutely! For sure!

But I have to tell you the truth. I'm not much of a camper. In fact, I haven't slept in tent since the last century and those old bears will be happy if it stays that way. Renee goes with travelling in a motorhome. But, and that is a big but, I adore the wilderness. Let me roam free in a car for a few days and I'm a happy camper. I just prefer my home base to be something that includes a bed, running water and four walls to escape when the bugs become quite type.

Does that make me a glamp? There so be it. I've found sanctuary in the yurts at Flora, here in the north end of the north island at the Sun Ranch in the north. Food, of course, has always been a major attraction, next to the call of the loons and the northern lights. What you pack along for provisions is always an important part of a camping trip, whether you are sleeping under the stars or beams of a cabin. I make sure my food groups of cheese, chocolate and chips are covered, then I add in a lot of good bread, milk, butter, eggs, bacon, berry sauce, fruit, vegetables, nuts, cooked lentils or chickpeas and whatever protein I feel like grilling. I don't think I've eaten a hot dog since the last century so there, so I give them pass and opt for good sausages made locally.

Being a food geek, I'll have made up the menu for however long I'm away and pack accordingly prepping things like veggieburgers, parosika and energy bars at home. I send my camp gear packing list with coffee and wine stored in ice cooler, because horses help me if I leave those behind.

The condition of the weather directly affects how much and when food is consumed. Overcast sunny

days, one is out and about making and baking, pawing to nibble on a perfect sandwich and an energy bar. A day of rain pretty much equals the terrifying act of eating, reading and board gaming. Oh, and napping. My glamping ways do include the full on red cooking of fire.

I never fly in our Canadian DNA to eat so many roasted mushrooms until we feel ill. But that's the glory of our short summer. Those blazing coals also turn ordinary ingredients into amazing meals. Take this simple foil package dinner I adapted from my friend Anne's blog Simple Sites. Chunks of sausage, potatoes, chopped peppers and zucchini are cooked in foil along with slices of onion, garlic, fresh herbs and olive oil. Salt and pepper the whole deal foil and seal into a tidy package and let it hang out in the coals for about 30 minutes. The bed of hot coals creates a charred tub of goodness inside making this meal not only satisfying and nutritious, but tasting like summer, too. Best part? Not many dishes to wash. You're in holiday after all.

Sausage and Vegetable Foil Dinner with Garlic and Herbs

I like to make up an extra package or two for breakfast the next day. Simply chop the meat and veg into smaller pieces, throw into a skillet with some butter and once it's hot pour in whisked eggs and you have a simple and tasty recipe. For a veggie version of this meal, simply substitute the sausages for cooked lentils. A variety of garden fresh vegetables would also be lovely, making it a little more easy. No fret! No problem. This recipe works just as well as a grill though I lack the magical aroma of wood smoke.

- 2 pre-cooked sausages, cut into chunks
- 2 pre-cooked new potatoes, parboiled and cut in half
- 2 sweet peppers, yellow and red, cut into chunks



Sausage and vegetable foil dinner with garlic and herbs is cooked on a bed of wood coals making a perfect meal for your camping trip. *BRIDGES PHOTO BY RENÉE KAHLMAN*

- 2 medium onions, cut into chunks
- 1 small red onion, cut into chunks
- 10 slices of garlic, smashed
- handful of fresh herbs like parsley, rosemary, thyme and sage leaves
- olive oil for drizzling
- salt and pepper

Instructions

Prepare a fire and let it burn down to coals. Lay six large pieces of foil on the grill to make a cooking tray. Ar-

range sausages, potatoes, vegetables and herbs evenly over each. Drizzle with a bit of olive oil and season generously with salt and pepper. Bring opposite corners of foil together and seal. Fold over the seams and seal. It takes a second package. Place on coals and roast, turning once in a while, for about 15 minutes.

Carefully remove and dig in. Makes 6 servings.
Recipe adapted from Simple Sites with some tweaks.

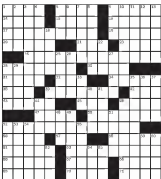


#CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*

ACROSS

- 1 Southern Japanese port city
5 Scheme about
10 Whales of same population
14 Award predictor
16 Give up, literally
18 Areas of distinction
19 Polka-dot
20 One-fifth
22 Succeed by time
23 Hawaiian word
25 British best-selling radio artist
26 Polka-dot
28 Apathy
30 ... dance (Japanese television title, NFL)
31 Handcuff real
32 City map abbr.
34 Lower oneself
35 Casualty-minimizing
39 Polka-dot
42 Fil of flesh
43 Chords repeat
45 "Your choice"
46 Monthly basket item for some



PUZZLE BY HILARY SCHWARTZ

DOWN

- 11 Small island beach, for short
13 Funky drink
14 Ultimate goals
15 Scenting to breathe in
16 How one may slummock
17 Goodwill trust
18 Musical or medical actions, usually
19 Quinine may also
20 today's TV soundtrack
21 Linger to Meats is Black Ocean
22 Other than a doc
23 History misapp

- 36 Field of expertise
37 Quercus forest
38 Said to say "I"
39 Conspicuous place
40 Street ... (popped up) (verb)
41 Rule of Moscow
42 Siberian piece
43 Saint ...
44 Early played on "The Beverly Hills" (verb)
45 United bagel
46 Tap dance, informally
47 Home opener
48 Watchful eye
49 One way of taking a screenshot

- 46 Poly-differently
47 Plastic polydrome
48 Western capital
49 Executive hardware
50 Squinted
51 Deliver a statement
52 Star Napa, e.g.
53 Good at repulsion
54 Star made up of two star model, astronomical
55 Unable to decide, in court
56 Family member for short
57 Nurse in a bar
58 Early Jackson 5 id

JANRIC CLASSIC SUDOKU

Level: Gold

Fill in the blank cells with numbers 1 to 9. Each number can only appear once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Sudoku is the crossword puzzle of the Sudoku world. See the Sudoku code found on Page 19.

SPORTS

EVERY DAY IN THE

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EVENTS

What you need to know to plan your week.
Send events and photos to Bridges@thestarphenix.com

MUSIC

Wed., July 11

Flathead
Buds on Broadway,
817 Broadway Ave.

Multi-talents w/ Torche
Amigos Cantina,
806 Dufferin Ave.

Broken Wall, Black Tensar
and Surprise Party
Vineyard Tavern,
801 Broadway Ave.

Sean K
Capital Music Club,
344 First Ave. N.

Thurs., July 12

Brian McInerney
Crackers Restaurant &
Lounge,
1-221 Peachtree St.

Agustin Cruz
Buds on Broadway,
817 Broadway Ave.

Fri., July 13

Highline
Buds on Broadway,
817 Broadway Ave.

Kelly Rob
Army & Navy Club,
309 First Ave. N.

Leon Ocho
Fairfield Senior Citizens'
Centre,
10414 Dunbar Ct.

Two Tall Dudes
McNally Robinson,
3130 Eighth St. E.

Mayday of Strings Music
Admission: Kap Kallous and
Guest
Amigos Cantina,
806 Dufferin Ave.

Condition One
Capital Music Club,
344 First Ave. N.



Rocker John McInerney will perform at TCU Place on Monday. (Photo by Jeffery J. Smith)

Kelly Head
Pizzo's Pub and Grill,
1403 Mykildy Dr. N.

Sat., July 14

Highline
Buds on Broadway,
817 Broadway Ave.

Kelly Rob
Army & Navy Club,
309 First Ave. N.

Len Galica
Downhome Legion
606 Spadina Ave. W.

Justine and Jennifer Day
McNally Robinson,
3130 Eighth St. E.

**Wanderers and Engineers w/
The New Jezebel Club**
Amigos Cantina,
806 Dufferin Ave.

Whiskey Jukes and Ross
Winklers
Vineyard Tavern,

801 Broadway Ave.

Kelly Head
Pizzo's Pub and Grill,
1403 Mykildy Dr. N.

Sun., July 15

Acoustic Jam
Buds on Broadway,
817 Broadway Ave.

Against Me! w/ Frontiers
and **The Callabrothers**
O'Brien Event Centre,
241 Second Ave. S.

Mon., July 16

John McInerney
TCU Place,
35 22nd St. E.

White Boy Slim
Buds on Broadway,
817 Broadway Ave.

Vesper in the Rain and A
Shed in Dog
Vineyard Tavern,

801 Broadway Ave.

Tues., July 17

Tenacious Punks
SaskTel Centre,
2515 Thatcher Ave.

Greg Drummond
Buds on Broadway,
817 Broadway Ave.

The Gables w/ The Gables
mounts
Capital Music Club,
344 First Ave. N.

Good Mays
Village Guitar & Amp,
432 20th St. W.

ART

Artistic Gallery
Until July 14 at 817 Broadway Ave. Clay Studio Three
10th Anniversary Exhibition. Ceramic works from current and past members of Clay Studio Three. Paul

Coolidge, Lorraine Sutter, Judy Tryon, El Fernandez, Ron & Rusty Kuesada, Martin Tegash, Thelma Howard, Nancy Grumetti and Elaine Prazan.

The Gallery at Phoenix Morrison Central Library
July 8 until Aug. 12 at 311 23rd St. E. Left New the Book by Kathryn Thompson. Reception July 9, 7 p.m. to 9 p.m.

Station Arts Centre, Phoenix
Until Aug. 30 at 101 Railway Ave. Resilience & Retrospective by Kathy Throssan. Reception July 11.

The Gallery at Art Place West
Until July 23 at 228 Third Ave. S., back lane entrance. Summer Group Show. Works by Louise Cook, Ruth Cuthand, Jonell Lee Farrell, Lynne Giesbrecht, Gregory Hardy, Glenn Howard, Lorne Russell, Dorothy Knowles, William Pennefather and Peter Cowley.

Void Gallery
Until July 25 at 3-1006 Eighth St. E. Collage-based response by Monique-Holbert-Firth.

Centre Street Galleries
Until July 26 at The Centre. Onlay by The Thelwood. With Studio Time in the Royal gallery display by Shikha. Spoons on the Saskatoon wall in the Jade Gallery, chandelier by Louise King. Spill in Photo Art in the Ambar gallery, photographs by Rosanna Peters in the Sierra Gallery, work by the Saskatoon Pottery Guild in the Crimson Gallery, and display by the Saskatoon Public School Board in the Mugs and Indigo Galleries.

Hand Wave Gallery
Until Aug. 9 at 409 Third Ave. S. in Meacham Field study, a ceramic sculpture exhibition, by Anita Rosewood.




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EVENTS

What you need to know to plan your week.
Send events and photos to Bridges@thestarphoenix.com

Hunt Art Society

Until July 31 at HIB Lane Ave.
The Art of Pottery, artwork
James M. Crow

Art in the Centre

Through July at Hurlridge
Centre, 110 Grosvenor Circle
Works by Loraine Brown

Handmade House Showcases

Until Aug. 1 at 710 Broadway
Ave., Little Vessels by Anita
Koschak

Western Development

Museum
Until Aug. 3 at 2610 Main Ave.
#1832 by Miray Van Miller

St. Thomas More Gallery

Until Aug. 27 at 1437 College
Dr. Sculptural by Monique
Morris and Cathryn Miller

Eye Gallery

Until Aug. 28 at 117-1122
College Dr. Eyes: Works by
Brian Baecher, Carol Den-
ais, Monique Morris, Quam
McDonald, John Pomeroy, Janice
MacVey, Todd Thomas, Karen
Wajsbol and Paul Zettl

Market Mall Playland Art

Gallery
Until Aug. 31 at 666 12th St.
2325 Preston Ave. The Disap-
pears of nature: Artwork by
students of St. Cassini School

Gallery 636

1232 Ave. 31 at 666 12th St.
A collaboration of works
by Saskatoon artist Lennie
Gillchroy.

Ethiopian Music & Art

Until Aug. 31 at 306 Spadina
Cross. An Amharic artist living
in Canada artist living
and painting at the same
time at the Farafra Group of
Sisters. A beautiful Ethiopian
sawien out front features the
Ethiopian artist.

Luxembourg Museum of

Canada
Until Aug. 31 at 510 Spadina



Miray Van Miller by Anita Koschak is on display at Handmade House Showcases

Cris E. Saba's House by an-
thropologist Lucien Dumy and
Katie Koschak.

Urban Canvas X

Starting in September, Mon-
day to Friday, 10 a.m. to 5:30
p.m. Hosted by Scribble Art.
A 30-week employment readi-
ness art program for youth
ages 16-30 who have artistic
talent and face multiple bar-
riers to employment. Providing
training and life skills, per-
sonal development coaching,
empowerment and employ-
ment readiness training. To
register call 306-652-7780 or
email scrybbleart@gmail.com.

#FAMILY

Sisters and Divines

Wednesdays, 1 p.m., at Centre
Cinema in The Centre
Choice of two movies each
week. A baby-friendly environ-

ment with lowered volume,
dimmed lights, a changing
table and stroller parking in
select theatres.

Gifts, Climb and Play

Daily, 10 a.m. to 5 p.m., in Bay
4 of 419 South Highway 16.
In Weeman. Saskatchewan's
newest indoor playground
for children up to age 12. Visit
saskplayandclimb.com or their
Facebook page.

Park Fantasy Indoor Play- ground

Daily at 6030 Quebec Ave.
A giant indoor playground
for young children. Adults
and children under one year
are free. There is a separate
 fenced-in area for children
under two.

Children's Play Centre

Daily at Lawson Heights Mall.
A fun, safe, environment for

preschoolers to play.
Please note this is an unsu-
pervised play area, and adults
must stay with and supervise
children at all times.

Market Mall Children's Play

Center
Daily, off the food court
at Market Mall. This play area
is free and has different level
slides. Children must wear
socks in the play area.

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:30
a.m., and/or Saturdays, 10:30
a.m. to 11:30 a.m., at Yoga Life,
2110 Third Ave. 3 classes
taught by Nina Zettl. For per-
sonal and their toddlers ages
one to five. Introduce your
toddler to the world of yoga.

Classes include postures,
poses, meditation, movement,
play and story. Classes are six
weeks. Register at YogaLife.ca.

HomeInnovative@gmail.com,
306-361-8852.

Breastfeeding Cafe

Thursdays, 10 a.m. to 11:30
a.m., at Westview Primary
Health Centre, 2311 Fairlight
Dr. A drop-in support group
for breastfeeding women.
Sessions will be facilitated by
a lactation consultant with a
brief educational presenta-
tion, and time for interaction
with the other mothers.

Shops 'n' Stroll

Friday, 9:30 a.m. to 10:30 a.m.,
next to Food & Customer
Service at The Mall at Lawson
Heights. Classes consist of
power-walking, body-scoring
moves using exercise tubing
and a scheduling for parents
and children. Presented at law-
sonheightsfitness.com. No classes on school holidays.

Baby Talk at 360

Fridays, 10:30 a.m., at Allow
Turner Centre, Mondays,
10:30 a.m., at Carlyle King
Centre, and Tuesdays, 10:30
a.m., at Cliff Wright Centre.
Half-hour singing and rhymes,
then dance with other par-
ents.

Kid Yoga Classes

Ages five to 10 on Saturdays,
11:30 a.m. to 12:15 p.m. Home-
schoolers ages five to 13 on
Mondays, 10:30 a.m. to 11 a.m.,
at Yoga Life, 2110 Third Ave.
Classes taught by Nina Zettl.
Helps kids regulate emotions,
find focus, relaxation, self-
awareness and inner fulfill-
ment. Physically helps with
balance, strength, flexibility,
coordination and body aware-
ness. Classes are six weeks.
Register at freedomfromfearwithyogalife@gmail.com.

Preschool/Partner Work- shops: Yoga for Children

Saturdays, 1 p.m. to 4 p.m., at
Birth Rhythms, 360 Third Ave.
S. Instructed by Nina Zettl.
Learn various tools and tech-
niques to help you through in-

jury and delivery. No previous
yoga experience is required.
Classes are six weeks. Register
at freedomfromfearwithyogalife@gmail.com, 306-361-8852.

Boys'n Head Camp

Until July 10, 1 p.m. to 4 p.m.,
at Emmanuel Anglican Church
and The Refinery. For parents
and preschoolers ages three
to five. Theme songs, games,
crafts and lots of fun for fam-
ilies to take and play together.
Register at 306-652-5544,
newssaskatoon.com.

Summer Music Camps for Kids

Until July 24 at the University
of Saskatchewan. Camps for
ages three to six. Register at
306-966-5544. Visit sask-camps.usask.ca.

Peternity Centre

Until Aug. 14, Monday to
Friday, 10 a.m. to 4 p.m., at
Westview Primary, 5-3110
Fairlight Dr. For ages eight
and up. Pottery projects, new
techniques and classes. Make
a lunch. Register at 306-373-
3225, westviewpottery.com.

AgriLife Discovery Camps

Until Aug. 21 at the University
of Saskatchewan. Camps for
grades three to six. Hands-on
introduction to agriculture
for students from urban and
rural backgrounds. Visit sask-camps.usask.ca.

Y&S Basketball Camp

Until Aug. 28, 9:30 a.m. to
3 p.m., for various camps and
ages levels. For ages eight to
14. A highly organized and
structured program designed
to prepare players to play on
junior and senior secondary
school basketball teams. Ad-
ditional fun camps for ages
10 to 14 available to anyone
signed up for regular camps.
They also offer a chance to
earn cash cash toward the
camps by helping their friends
look in shopping malls.
Information at y&s.ca.

EVENTS

What you need to know to plan your week.
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Living History Children's Summer Camps

Until Aug. 21 at the University of Saskatchewan Camps for ages six to 12 on the subjects of the ancient and medieval world. With activities, art projects, crafts, games and workshops. Register at lhcamps.usask.ca.

Ecology Day Camps

Until Aug. 28 at the University of Saskatchewan Camps for ages eight to 17. With daily field trips and nature study. Register at 306-966-5539. Visit lhcamps.usask.ca.

Huskie Sport Camps

Until Aug. 29 at the University of Saskatchewan Presented by The Huskies. Various camps for ages five to 17. Hockey, soccer, basketball, football, volleyball and swimming. Visit huskiesports.usask.ca/sportscamps.php.

SCM-H Science Camps

Through July and August, 9 a.m. to 4 p.m. at the University of Saskatchewan Camps for Grades One to Nine in science, technology, computer science, medical science and veterinary medicine. New projects each year. Visit lhcamps.usask.ca.

Moondance Baby Yoga

Monday, 11 a.m. to 12:30 p.m., at Yoga Life, 3-115 Third Ave. S. Classes taught by Nina Zetts. For mothers with babies as young as two weeks. Meet and strengthen your baby, learn relaxation and meditation techniques and explore breath-work. Classes are six weeks. Register at freedomofyogawithyogalife.ca.

Postnatal Yoga

Monday, 12 p.m. to 1 p.m., at Pregnancy and Parenting Hub-20-Centre, 243 Third Ave. S. Designed to help postpartum yoga designed to help with postpartum recovery. Baby-friendly classes with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at midwifery.wiki.com/postnatalyoga. No class on start holidays.

Canadian Light Source (CLS) Public Tour

Monday, 7:30 p.m. at the Canadian



SCM-H Science Camps run through July and August at the University of Saskatchewan Camps are for grades 1 to 9 science. Technology, computer science, medical science and veterinary medicine. Visit lhcamps.usask.ca.

Light Source, 44 Innovation Blvd., Saskatoon. The research facility is open for the public. Pre-registration is required. Call 306-558-3844, email outreach@lhcamps.usask.ca, or visit lightsource.ca/education/public_tours.php.

Renatal Yoga

Monday, 6 p.m. to 7 p.m. at Pregnancy and Parenting Health Centre, 243 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-201-0643 or email magnusheyl@pam.ca. No class on start holidays.

Move N' Grow Kids Summer Camp

July 13-17 and 30-31, 9 a.m. to 4 p.m., at Market Mall. For ages eight to 12. Dancing, yoga, mini golf, fitness, arts and crafts and a final performance for parents. No previous experience needed. Register at moveandgrow.ca.

Art Camp

July 13 to Aug. 21, Monday to Friday,

10 a.m. to 4 p.m., at West Point Pottery, 5-370 Glyn St. E. For ages eight and up. Different media include paper making, glazes, models, encaustic and watercolor. Pick up a lunch. Register at 306-373-3313, westpointpottery.com.

Salvation Army Beaver Creek Camp

Various camps July 13 to Aug. 27 at Beaver Creek Correctional Area. Camps available for ages six to 16, as well as one for the whole family. Visit beaverarmy.com.

Pre-school Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McMillan Robinson, 3320 Eighth St. E. For children ages three to five in the care of their families. Call 306-955-5477.

Playgroup

Monthly and seasonal events. Hosted by Prairie Hearts Learning Community—a group of families inspired by Waldorf philosophy. Programming is aimed at children ages two to five.

but all ages welcome. Information on their Facebook page.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineers help it develop. Classes, camps, seminars, and workshops on STEM enrichment activities. Get information and register at engineeringforkids.net/saskatoon or 306-918-4155.

WICKS & KIDZ Saskatoon

Regular after-school programs for preschool children and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique emotions, play games, and have fun using LEGO bricks. Visit wicksandkids.com or call 306-919-2749.

Saskatoon Public Library Programs

Creating lively programs for children and families. Find the calendar at saskatoonlibrary.ca/index/7275.

SPECIAL EVENTS

Saskatoon Farmers' Market

Open year-round. Wednesday and Sunday, 10 a.m. to 3 p.m., and Saturday 8 a.m. to 2 p.m., farmers and artisans are featured. Tuesday to Friday, 10 a.m. to 5 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-368-5353, info@saskatoonfarmersmarket.com.

Bargain Basement Store

Wednesday, 10:30 a.m. to 3 p.m., at St. Paul's United Church, 454 Eighth Ave. Clothing for babies, children, men and women, and jewelry. Funds raised support the Lighthouse project.

Mayor's Carpet Bowling

Wednesday, 11 a.m., at Mayor's United Church. Beginners and experienced players are welcome. For information call 306-651-3151.

Kenny vs. Spenny

July 8, 1:30 p.m., at O'Brien's Event Centre, 243 Second Ave. S. Presented by Book 102 and The Verbs. Tickets at obrienseventscentre.ca.

Scottish Country Dancing

Wednesday, July 8 until Aug. 5, 7:30 p.m. to 9 p.m., at The Landings Amphitheatre. Hosted by the Saskatchewan Scottish Country Dancers. Informal social dancing. Everyone is welcome. Participation is free. Live or study Scottish music, learn to play bagpipes or learn to dance. Register at saskdancers.org, 306-664-7049.

Carpet Bowl

Thursday, 12 p.m., at Nations Legion Hall, 3610 Louisa Ave. Hosted by the Nations Senior Citizens Association. Lunch and coffee are available for a fee.

SFHC Dance

Thursday, through July and August, 7 p.m., in Keweenaw Park, Saskatoon. Informal Social Folk Dance. Learn dances from many countries around the world. Everyone is welcome. Admission is free. Visit sfhcdance.com.

EVENTS

What you need to know to plan your week.
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Pop Out

July 8, 8 p.m., at Pizzeria Pub and Grill, 1622 W. McDowell Dr. in a barbershop with games, drinks and live music by Westbound Hawk & Murtel. Reserve tables for \$50 for a cure. Tickets at 306-227-0873.

Experience Downtown-SideWalk Sale

July 9, 11 a.m. to Second Avenue and 2nd Street. Bargain sales, food and entertainment.

Green Country Jambilee

July 9-12 in Cremon. The annual country music festival featuring Blake Shelton, John Mellencamp, Florida Georgia Line, Ricky Skaggs, The Grateful Brothers and Jason Aldean. Tickets at www.countryjambilee.com.

Huge Annual Garage Sale

July 11, 8 a.m. to 6 p.m., at 231 Pennsult Circle. Hosted by the Saskatoon SPCA Auxiliary. To donate items call 306-263-2828. All proceeds go to the SPCA's second chance fund.

Huge Annual Garage Sale

July 11, 8 a.m. to 6 p.m., at 231 Pennsult Circle. Hosted by the Saskatoon SPCA Auxiliary. To donate items call 306-263-2828. All proceeds go to the SPCA's second chance fund.

Borden Farmers' Market

Friday and Sat., 9 a.m. to 5 p.m., at Borden Mill Mall. Information at 306-997-2159.

Journal

July 11, 8 a.m., at Lakeridge Church. Presented by Borden on Tour. An evening of high-energy Ukrainian dance. Tickets at ukrainian.com.

Weekend Community Centre Clothing Depot

Sat. and Sun., 10 a.m. to 2 p.m., at 3480 Fairlight Dr. Free clothing for all ages. Free baked goods from a local bakery. They take donations of clothing, food, toys, accessories and toys.



The Growlands will be back for the Canada Remembers Air Show in Saskatoon July 12 at an Auto Clearing Motor Speedway. (L) PHOTO BY BOBBI LAMM

Information at 306-222-8727.

20th Anniversary Canada Remembers Air Show

July 11-12 at the Auto Clearing Motor Speedway. Commemorating the 70th anniversary of the end of the Second World War and the 10th anniversary of the Growlands Agreement by the Growlands. Canadian Armed Forces Sky-Hawks, Panhandle Team and the CF-18 Hornets. Tickets at the show. Information at canadaremembers.ca.

Phen-Fest 2015

July 11-12 at the Western Development Museum. Experience Saskatchewan's pioneer life. WDM Callage, theatre and stationery engines on display, vintage fashion show, clay oven baking, blacksmithing, flag hoists, old time telegraph station, floor

grinding, quilting and rug hooking, a 10-minute sing-along, children's tent, beer making and a dog wheel. Admission at the door.

Program in the Garden

July 12, 10 p.m. to 4 p.m., at the Mary Residence, 320 10th St. C. Meet the lawn gardeners and plant your own heritage seeds.

Saskatoon Ragtime and World Music Festival

July 11-12, 12 p.m. to 10 p.m., at A.E. Graham Park, behind 500 Victoria School, 639 Broadway Ave. Featuring Jim Blackwood, Jim Sullivan and the Outer Limits, Sambaloni, Carl Fautner, Bonnie Little-Trent, Supremes, Bakery School of Irish Dance, Island Blues, Aguilera, Alpha Kids Celine, Prodigal, Saskatoon Salsa Dance Co., Montecarlo, Rodolfo Pineda, 3042 Latin Band and Rafael A. Enrique.

Donations. With Caribean food and free workshops. Tickets at 306-682-4750, showid.com.

Pinkie Paint

July 12, 10 a.m. to 4 p.m., around Saskatoon. Presented by the Saskatoon Horticultural Society. A self-guided tour. Hands-painted at Dutch Gardens and both Earl's Farm and Garden locations. Information at 306-281-0511, 306-349-1229.

Classical Varieties Night

July 12, 7:30 p.m., at Grosvenor United Church. The first concert of the Galford Foundation's 8th season. Local musicians perform music they love. Admission by donation.

GIF-Bashaw Farmers' Market, International Bazaar, and Retro

Tuesdays 11 a.m. to 6 p.m., in the basement of Grace West-

minster United Church, 225 12th St. E. Offering a variety of locally produced food, clothing and accessories from indie, pet products, baking, and baby-dishes. New vendors welcome. Call 306-664-2940 or email gerald.harrison@shaw.ca.

Phonics Race

July 14, 6 p.m., and July 15, 6 p.m., at Auto-Clearing Motor Speedway. NASCAR Two-Day Event. With one track. SLM street stocks and the NASCAR Canadian Vee Series. Tickets at the gate.

10th Annual A Taste of Saskatoon

July 16-19 in Historic Park. Presented by Canwest Credit Union. A food festival with more than 30 local restaurants serving their house favourites. With local musical performances. Tickets at the

venue. Menu and entertainment schedule at tastefest-saskatoon.ca.

Book Signing at McNelly

Book signing at McNelly Robinson, 3030 14th St. E. For schedule and information visit mcnellyrobinson.com/saskatoon_events.

English for Employment Class

Hosted by the Saskatoon Open Door Society. Improve English pronunciation and communication, and learn how to get your foot in the door in Saskatoon. Information or registration at 306-250-4307, 306-552-6464, 306-250-4308, saskatoon.englishfor.ca, englishfor.ca.

#THEATRE

Shakespeare on the Saskatchewan

July 8 to Aug. 22 at the Shakespeare site. Othello is a tragic tale of racism, love, jealousy, betrayal, revenge and repentance. Much Ado About Nothing is a comedy about friendship and desire, whose humour for each other is obvious to everyone. But them. With fine entertainment on the Peterborough Community Stage, including jazz music, folk dancing, a hort plot and scenery. Tickets at 306-944-1700. Information at shakespeareonthe-saskatchewan.com.

Chickadee

July 10 to 14, 9 p.m. at Station Arts Centre in Dordrecht. A musical comedy. A musical comedy struggling to make ends meet decide to risk it all and enter a book of comic sketches. Tickets at 306-232-5333, stationarts.com.

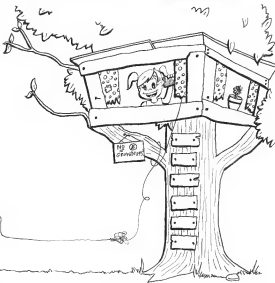
David Bridges is a free community journalist for Bridges. Links will be provided by email. Send your information or photo ideas before the next date.

OUTSIDE THE LINES

Colouring contest

Each week Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, take a picture, take it with the finished product and email it to bridget@theadsaunders.com. One winner will be chosen each week.



Last week's contest winner is Zoey James. Thanks to everyone who submitted entries.



Social Good parties are mini fundraisers organized by YOU!

- 1 Pick a date for your Social Good party
- 2 Go to www.CanadaHelps.org and create a fundraiser
- 3 Tell all your friends!



Social Good

Help create a Saskatoon without violence, homelessness, or poverty. www.ywcaskatoon.com (306) 244-7031 ext 122

ON THE SCENE

#WAKERIDE

There was action on the water and on the riverbank during Wakeride, the annual professional waterboard competition and music festival held Friday to Sunday at River Landing. Proceeds from the event support Saskatoon inner-city youth.

BRIDGES PHOTOS BY LAM RICHMOND



1



4



3



2



5



6



10



3



7

1. Leticia Kirby and Mackenzie Nelson
2. Megan Hammond and Andrew Ziemer
3. All Fettes: Kyle Fettes, Heidi Sarzhak and Matt Lorenz
4. Jimmy Lohrle competes in the pro division
5. Carly Klassen and Cole Shepherd
6. Penner Boks and Jesse Pefortaine
7. Leticia Kirby and Keri Cune
8. Leticia Kirby, Susie Pefortaine and Stacey Therns
9. Ryan Penner and Dylan Monroy
10. Catherine Hunter and Cody Benoit

WINE WORLD

QUINTA DOS ROQUES RESERVA

Portuguese wine reaching folklore status in Sask.

If you pursue wines you love, or wines you may love but have yet to try or taste, you're just being about, you will be well acquainted with enophiles. This is the science of wine which if not mythical sure don't show up where you live.

One of the local places to be disappointed in the Portuguese wine section. Not because their wines disappear too, but because outside of Portugal and New Jersey there are few stores carrying the stuff.

Most any local recommendation that will very shortly become a mythical beast in this province, a wine which you will have about the same probability of finding as proof of a Sasquatch. (You may have better odds on the Sasquatch.) I found it at Caves, and although I mentioned it, the point of this article is to encourage you too to keep an eye on the Portuguese wine made and buy wines that may be similar. How did I buy it?

It had "Reserva" on the label which means about two years in the barrel and another one or two in the bottle before release. It had a vintage older than four years. Both tend to provide more integrated, slightly more subtle wines. It was from a region that has been appellation certified for more than 100 years and produces wine with great structure. This last one was a deal breaker. I knew a 1000 Boscans from a region I didn't know I'd buy it and try it.



To stop fussing over grapes and scores. You see a Portuguese wine at your price point or a bit higher just buy it and try it. It's worth it. Quinta dos Roques Reserva 2007 100% Boscans. Canadian Dry Gin next Monday Something easier to find on Twitter @jdrhose

Crossword/Sudoku answers

KORE	UPTO	SLOTS
ORCH	REAP	TAROT
NEED	LIFT	EVOLK
GUFAR	FIR	ENYA
CLEAN	YOUR	ROOM
TRALLA	NEON	
SAND	AVE	OEIGN
AGE	PERIES	ROO
RAS	RY	ENLI
OVER	REVEN	CI
SOW	HER	REME
ARIE	ELI	TORCH
TAPAS	ITS	ORYOU
OTERI	STIR	OAMM
NESTS	HYPO	SNAG

7	3	6	9	1	2	5	8	4
9	4	5	3	8	6	7	2	1
8	1	2	4	7	5	9	3	6
6	5	3	1	9	4	2	7	8
2	8	9	5	6	7	1	4	3
1	7	4	8	2	3	6	9	5
4	2	7	6	3	1	8	5	9
5	6	8	2	4	9	3	1	7
3	9	1	7	5	8	4	6	2



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The StarPhoenix

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*Order gift card August 1, 2014. Maximum of two (2) Phoenix All Access available. Limit one (1) Phoenix All Access per year. Offer limited to residents of Saskatchewan. For complete terms and conditions, visit us on www.starphoenix.com/subscribe

